



ACROSS CANADA

Guide

True Insiders Co-Creating Your *Canadian Story*



CANADA



YUKON



NORTHWEST TERRITORIES



NUNAVUT



WHITEHORSE



YELLOWKNIFE



BRITISH COLUMBIA



ALBERTA



SASKATCHEWAN



MANITOBA

CHURCHILL

PRINCE RUPERT

PRINCE GEORGE

QUESNEL

PORT HARDY

KAMLOOPS

JASPER

LAKE LOUISE

BANFF

CALGARY

SASKATOON

REGINA

WINNIPEG

WHISTLER

TOFINO

VANCOUVER

VICTORIA

SEATTLE

UNITED STATES



Hi, I'm Nanuk.
I'm here to help
co-create your
Canadian story.



ONTARIO

QUEBEC

NEWFOUNDLAND
& LABRADOR

ST. JOHN'S

PRINCE
EDWARD
ISLAND

QUEBEC
CITY

OTTAWA

MONTREAL

NEW
BRUNSWICK

NOVA
SCOTIA

HALIFAX

TORONTO

NIAGARA
FALLS

DETROIT

NEW YORK

CHICAGO

ALL ABOARD!

Welcome to FreshTracks Canada's book of journeys across Canada by train (and floatplane, and automobile, and canoe...)

For me, there has always been something special about climbing aboard a long-distance train.

I settle into my seat, arrange my stuff around me – and I'm like a kid of 8 again, peering ahead, waiting for the shouts of 'all aboard' and the whistle to blow...

On a train, you don't have to focus on the road; you are not cooped up like you are on a plane. You can stroll around, go to the dining car, chat, play a game, sometimes even poke your head out and feel the wind in your face.

And when your train pulls into your destination, there is the thrill of stepping off and exploring a whole new world.



In this fast-paced life, I believe trains are the way to travel, and I'm glad more and more folks are rediscovering their joys.

I am proud and excited to offer this brochure of amazing journeys by train to you and I hope you will soon join us, riding the rails in Canada.

With warm regards,



John Parker
Founder & CEO



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We'll get you

ON SOME TRACKS AND OFF SOME TOO...

We're called Fresh Tracks for a reason

Since 1992, we've been creating personalized vacations in Canada – more than 30,000 successful trips – so we like to think we know a little about our guests and what they want.

'Fresh Trackers' are independent-minded, well-informed, well-traveled. They want to see the real Canada – the Canada beyond the clichés – and that's our passion.

We do not do fully escorted tours – in this brochure, you'll find suggested independent itineraries that we help you personalize to suit all your needs.

When you need a private guide on a particular day – and it's often a good idea – we get you one. When you want to join a small group, you can. When you need help and support, we're here for you.

And when you don't need any of that, we give you the confidence and knowledge to explore in your own way.

We like to think of our style of travel as the best of both worlds – freedom with support.

Is Fresh Tracks Canada right for me?

One of the best things about dealing with a company that only does Canada and that is Canadian is that we can meet the needs of many different types of visitors to Canada – from ages 3 to 93.

A smarter, easier, better way to book an extraordinary vacation in Canada

Sometimes, people ask "Why don't you offer online booking on your websites?"

We could, except our purpose is to keep travel human. We believe a conversation with a great human – a true insider, not a machine – is still the best way to initiate a great vacation.

Many discerning travelers don't want to book their special vacations online. Some would never book online without talking to someone. And even those who would do their own online booking often realize that booking a complex, important vacation in a place as vast as Canada is time-consuming, frustrating and risky.

So, some folks call us for reassurance, and busy people call us because they love the idea of getting their vacation taken care of with a quick call. **Schedule a call today!**

WHY US

- Leaders in extraordinary personalized vacations in Canada
- More than 30,000 journeys created since 1992
- We only do Canada
- We are Canadian
- We listen! No sales pressure, just good advice – "True Insiders Co-Creating Your Canadian Story"

BENEFITS

- Get peace of mind, save time, reduce stress by talking to a Canadian Insider
- Make the most of your time in Canada
- Avoid frustration and disappointment
- Flexibility and freedom, with support and safety
- Create a better trip for everyone





PERSONALIZE

your Canadian Story

How to use this brochure

You'll find our favorite train trips in Canada and stories of how a few of our guests made them their own, to create lifelong memories.

Remember that these itineraries are suggestions – starting points for a conversation. We'll help you decide if the route is right for you and if it is, we'll discuss your options in four main areas that you might bear in mind as you browse:



1. Trains

We're independent, so you can choose the train operator, the route and the class of service you want. You can always upgrade your train service while staying in any level of accommodation to suit your interests and budget.



2. Accommodations

Where you stay makes a huge difference. We have Comfort (roughly 3 star), Superior (4 star) and Deluxe (5 star). Plus Boutique Hotels and Wilderness Lodges.



3. Things to do

Choosing the right day tours and adventures is another important decision because these are often the magic moments that memories are made of. We make planning easy by including in our standard prices.



4. Extensions

Finally, with us, it's easy to stay an extra day or two (or leave a day early, if you prefer). We have some exciting 2- to 5-day extensions to entice you to stay even longer. Resist if you can!

Great journeys begin with a great conversation

We promise: if you talk to a Canadian Insider, you will have a better vacation – and it makes planning so much easier and more fun!

In this brochure we can't list all the options – but when we chat, we can quickly learn about your dreams, and piece together an extraordinary trip.

We're good listeners, always careful not to tell you what to do. We focus on advice, not selling – because this is a partnership:

True Insiders Co-Creating Your Canadian Story.

**Discuss your dream
Canadian vacation
with a local expert.**

1.800.667.4744

Schedule a call!





TRAIN OPERATOR #1
ROCKY MOUNTAINEER



All aboard for
**A MAJESTIC
TRAIN JOURNEY**

Rocky Mountaineer is a privately operated luxury train service. From mid-April to mid-October, it operates superb daylight services from Vancouver to the Canadian Rockies, on three different routes.



Each route is unique

- **First Passage to the West.** A 2-day route from Vancouver to Lake Louise and Banff. This is the only train on this route and it features the famous Spiral Tunnels. This route includes a mid-way hotel stop overnight in Kamloops.
- **Journey Through the Clouds.** A 2-day route from Vancouver to Jasper. Features include the Fraser River, Pyramid Falls and Mount Robson, the highest peak in the Canadian Rockies. This route includes a mid-way hotel stop overnight in Kamloops.
- **Rainforest to Gold Rush.** A 2.5-day route that takes you north from Vancouver along the coast to Whistler, then up into the high ranch country of northern BC to Jasper. This route includes two mid-way hotel stops overnight in Whistler and Quesnel.

Let us help you choose your level of service

There are lots of nuances, but the two classes of service Rocky Mountaineer offers are essentially:

GoldLeaf. Travel in a two-level glass-domed coach, with dining below and an outside viewing platform.

SilverLeaf. Travel in a single-level glass-domed coach, with hot meals served at your seat.

Fast Facts

- Rocky Mountaineer connects British Columbia and Alberta, with stops in Jasper, Lake Louise, Banff, Vancouver, Whistler, Quesnel and Kamloops
- Runs mid-April to mid-October on three routes
- Daylight-only – so you see the most, and stay in a hotel at night
- Wonderful meals, wines and service included



TRAIN OPERATOR #2
VIA RAIL



Welcome to a part of our
**CANADIAN
HISTORY**

VIA Rail, our national railway, is an amalgamation of historic railway companies, including Canadian Pacific – so with VIA, you are touching our history.

The unique experience of sleeping on a train

The sun sets, you enjoy a nice dinner, and perhaps spend a little time staring up at the stars from the dome car – and then head off to bed in your own private cabin. Crisp sheets and the gentle rocking of the train lull you to sleep.

On a long VIA trip, you can spend private time in your cabin or get to know your fellow passengers. Delicious local food and excellent service round out this iconic Canadian experience.

Sleeper trains

- **The Canadian.** A trans-continental journey from Toronto, through the lake country of Ontario, across the Prairies, into the Canadian Rockies, and finally to Vancouver on the Pacific Ocean. In total, a 4-day journey, although most people break their trip along the way, usually in Jasper.



- **The Hudson Bay.** A two-day journey north across the tundra from Winnipeg in Manitoba, to Churchill, the Polar Bear Capital of the World. Watch for the northern lights from your sleeper cabin window.
- **The Ocean.** Explore Canada's Maritime coast and learn about Acadian and Celtic history as you travel on this overnight train from Montreal in Quebec, to Halifax on the Atlantic Ocean.

Sleeper trains in Canada all have panoramic viewing cars, and meals are included.

Daylight-only trains

- **The Corridor.** Runs between Toronto and Quebec City, through the heartland of Canada. Many people take an extension from Toronto to Niagara Falls.
- **The Prince Rupert to Jasper.** Connects Prince Rupert on British Columbia's north coast with Jasper in the Canadian Rockies. Prince Rupert is the port for the BC Ferries service from Port Hardy, in the north of Vancouver Island.

Let us help you choose your best class of service

There are quite a few nuances, but here are the basics:

Sleeper Plus. Enjoy a private cabin with a comfortable armchair that converts to a bed in the evening. Includes fine dining and attentive service.

Prestige. An all-inclusive service on The Canadian. Take in the views through your panoramic window from the comfort of your special cabin.

Business. On The Corridor, business-class guests receive priority boarding and waiting lounge access. Onboard, meals and drinks are served.



ACCOMMODATIONS

REST EASY

we'll find your perfect view

We believe that the places we find for you to stay are as important a part of your vacation as stunning scenery and great food. They're your home away from home, so we go to great lengths to get them right. And after 27+ years, we know them better than anyone.

We have accommodation to meet most tastes and budgets. From clean and comfortable to unforgettable luxury, we know who has the best views, the best service, the best value for money. And as independent experts, we're not afraid to tell you when we think a hotel is resting on its reputation and that a rising star offers better value.

We'll tell you where it's worth upgrading and where it's not. We'll mix and match from our huge database to meet your budget, and we'll find you that special room for an unforgettable celebration.

For us, this is about that feeling at the end of a great day when you walk into your room and it just feels right – for you. It may not be the most expensive room in town, but for you it has 'wow.'

Our accommodation categories

Comfort, Superior & Deluxe: Your experience of these will mostly be similar to the traditional 3, 4 or 5 stars. However, sometimes we use the same hotel for more than one category and distinguish by room types – e.g., with a view or without.

Boutique: Accommodations in cities, towns and villages that are unique – smaller, funkier, or in historic buildings – with a more intimate feeling.

Wilderness Lodges & Retreats: Sometimes fly-in only, sometimes not – lodgings surrounded by wilderness, offering a uniquely Canadian experience.

Don't forget – you can mix and match different categories on your trip. Just ask us for the best combination to meet your budget when you call.

Call 1.800.667.4744 to book or visit us at CanadianTrainVacations.com

A special note to families:

Ask us about our many family-style accommodations, including one- and two-bedroom suites with kitchens, and unique facilities like 'grotto' pools for the kids.





FAIRMONT BANFF SPRINGS HOTEL



FAIRMONT CHATEAU LAKE LOUISE



FAIRMONT EMPRESS HOTEL



FAIRMONT CHÂTEAU LAURIER



FAIRMONT LE CHÂTEAU FRONTENAC



ACCOMMODATIONS

Canada's grand

RAILWAY HOTELS

The names themselves speak of a bygone era of travel elegance: the Fairmont Banff Springs hotel, the Fairmont Chateau Lake Louise, the Fairmont Empress Hotel in Victoria, Fairmont Le Château Frontenac in Quebec City, the Fairmont Château Laurier in Ottawa.

These and several more have become almost part of the Canadian landscape. Once owned by the Canadian Pacific Railway, they were symbols of the immense power and wealth of that institution.

Most have a distinctive style reminiscent of a baronial castle in Scotland – where many of those formidable builders of the trans-continental railway had their roots.

Today, you can still enjoy their history and glamor: take tea on a terrace where Marilyn Monroe once posed, eat dinner in a room where Winston Churchill and Franklin Roosevelt once met and, above all, relish the unbeatable locations and grand scale of hotels that could never be replicated today.

These hotels are all now managed by Fairmont, so the tradition of luxury continues. However, be sure to discuss with us the various room categories in each hotel, because some part of your experience will depend on that.

Even within the Comfort class of hotel, there is an immense variety, and the little things often make a big difference. So when you tell us what you need, we can suggest which of the many options offer the best value for you.

Note: We include many of these hotels in our Deluxe and Superior category trips – and sometimes in our Comfort class trips too, where it seems worth the upgrade.

We take the time to understand your needs and help you make the right choice because these decisions have a big impact on your vacation – and your pocketbook.

**Discuss your dream
Canadian vacation
with a local expert.
1.800.667.4744
*Schedule a call!***





ACTIVITIES

Carefully curated

DAY TOURS, ACTIVITIES & ADVENTURES TO CHOOSE FROM

Adding breadth and depth to your story

The things you do when you are not on the train make a huge difference to your vacation experience – and you don't want to waste time or risk disappointment by figuring it out when you arrive. Instead, our Vacation Advisors can go through the options with you before or shortly after booking and help you fashion the 'character' of your journey.

Day tours and adventures are often the magic moments memories are made of. What we've learned over the years is that choosing them carefully for each individual is important – because if one person is not happy, it can ruin a day for everyone.

How to use this section

In a country as vast as Canada we could not possibly list all the things to do – or even all the things to do in one city or area.

However, many of the things to do that are shown in the following pages are available in many parts of Canada, so we suggest you let your heart do the talking, note the images that appeal to you, and then we'll do our best to make it happen when we talk.





ACTIVITIES

A few of our

FAVORITE THINGS TO DO

Private and small-group sightseeing.

Explore with a small intimate group or a private guide. We like to maximize the time you'll have to connect with local guides and let them personalize the experience to suit your interests.

Cruising on a lake/river. Cruising Canada's lakes and rivers is a relaxing and interesting way to see the country from a different perspective.

Cycling. Canada's larger-than-life terrain has countless trails for cyclists of all levels. From guided rides through the mountains to gentle cycling tours in cities and the countryside, we have a biking trip for you.

Walking/hiking. In a country this wild, you can find world-class walks and hikes across every type of terrain. Whether it's a meander through alpine meadows full of wildflowers, or a gentle walking tour in a city, we'll find something to suit your interests and abilities.

Canoeing. There is nothing more Canadian than canoeing. The stillness of a remote lake, the bubbling of a river, the call of a loon in the distance, the mist in the morning.

→ **FESTIVALS, EVENTS & CELEBRATIONS**

In Canada there are many unique festivals and events going on year-round, from the Calgary Stampede to the Canadian Grand Prix, from world-class opera to the Maritime Fiddle Festival, and everything in between.

Sea kayaking. When it comes to the ocean, a sea kayak is a better bet than a canoe. Navigate Canada's coastlines (all three oceans' worth) in search of Canada's famous maritime wildlife and epic scenery.

Golf. For golfers, Canada is a wonderful destination. Tee up on some of Canada's most historic and beautiful courses, where the views are certainly better than 'par for the course.'

Fly-fishing and/or salmon fishing. Whether you want to catch a salmon in the Pacific, a cod or lobster in the Atlantic, or a trout in a mountain stream – and whether you are a beginner or an expert – local knowledge is a great asset.

History Walks. Canada has a rich Indigenous and western history and exploring on foot – especially with a knowledgeable guide – is one of our favorite ways to get to know a place.

Food Tours. There are a lot of foodies at Fresh Tracks Canada, and we want to share our love of cuisine with our guests on a food tour.

Car Rental

Many of our guests like to rent a car on one or more days. If you would like to do this, just mention it, and we'll suggest the best part of your itinerary to do a little road trip, and we'll make all the arrangements.



“Everything went so smoothly that I began to worry! When does anything ever happen without some little – or big – thing going wrong? But not this time! From the first step on Canadian soil, I was met when I was supposed to be, the accommodations were beyond anything I’d expected...and Canada was so beautiful I was just overwhelmed!”

LOUISE P., CALIFORNIA



ACTIVITIES

Glacier walking. Glaciers formed much of Canada’s dramatic landscapes over millennia of ice ages, and glaciers continue to shape the land. Learn more about these incredible formations of ancient ice by walking on them.

Whale-watching. There are few sights more thrilling than watching whales in their natural environment. Strike out in pursuit of belugas, orcas, humpbacks and more.

Grizzly bear viewing. One sight of a grizzly bear and you’ll gain a whole new appreciation for these amazing creatures. We work with guides who get you up close to the bears in a safe way, and give you insight and learning that you could never get in a large group.

Motorcycle and sidecar. Touring the alpine back roads, with fresh mountain air in your face, explore the Canadian Rockies onboard a motorcycle and sidecar.

Horse-riding. Much of Canada’s West was explored on horseback, and cowboy culture is still strong in the West. These days, the riding isn’t quite as onerous, but the sense of adventure is still strong, and horses are a great way to get into the backcountry in summer and fall.

Gardens. Canada’s gardens are world-renowned, and Butchart Gardens just outside Victoria makes taking a trip there well worthwhile. Many travelers tell us this was one of the highlights of their trip.

Afternoon tea. Indulge in a bit of British-style luxury with fine teas, dainty sandwiches, scones and clotted cream – all served in (let’s face it) a somewhat old-fashioned setting. Still, it really is awfully nice, and very British.

Photography tours. There’s an awful lot of scenery to be captured on film in Canada, and we offer several ways for you to get out and experience the country in the company of an expert photographer who can help you improve your holiday snaps.

Wine tours. Welcome to the Great Wine North! Canada’s wine scene is surprisingly good. A wine tour is such a lovely way to spend a morning or an afternoon.

→ MAKE IT A FAMILY ADVENTURE OR A GATHERING OF FRIENDS

Families and groups are a particular passion for us, so ask us how the journeys in this brochure can be turned into amazing trips for family and friends.

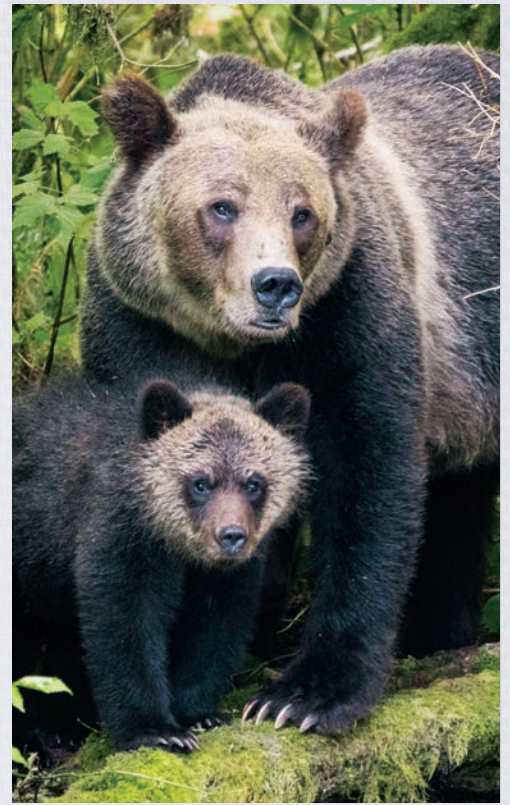
Think of how your kids or grandkids would love to join you on a train for a few days; then think of all the fun things you could do together when you are not on the train.

Family adventures by train are opportunities to build bonds and memories for a lifetime.

Our attention to detail and flexibility is even more critical when it comes to organizing a family vacation or a trip for three or more adults – because if one person is not happy, it can affect the whole party.

We take the trouble to find out what everyone loves to do; then we build in the flexibility so everyone feels like they are having their own best trip.

For many of our clients, their trip to Canada is part of a celebration – a honeymoon, an anniversary, a graduation, a proposal, a birthday, or just the fulfillment of a lifelong dream. Our team will help you bring that celebration to its highest peak in a special moment – whether it involves arranging a bottle of champagne, organizing a private dinner, getting tickets for a popular event, or putting together a helicopter picnic for two on top of a mountain at sunset.



Travel **ACROSS CANADA**

**Nature made the Prairies immense.
We make them comfortable.**

To really understand how vast and beautiful Canada is, take a train across the continent. There is something magical about a long train journey – time seems to lose its grip and the landscape changes, yet somehow remains delightfully the same.

Meanwhile, we ensure your trip is as stress-free as the wind in the Prairie grass – the only problem you face is deciding which side of the dome car to sit on.

PERSONALIZE YOUR JOURNEY

**Combine the best Canadian train
experiences for you.**

Travelling across Canada by train is a bucket list experience and there are multiple routes and train types to explore. Our Canadian Insiders can combine the best of Rocky Mountaineer and VIA Rail Train services, and arrange all of your stop overs and activities. All you have to do is tell us your interests, and we'll take care of everything else.





Discuss your dream
Canadian vacation
with a local expert.
1.800.667.4744
Schedule a call!





SUGGESTED ITINERARY #1

9 Days TRANS-CANADA RAINFOREST ROUTE FROM \$5,450

THE HIGHLIGHTS

- Discover Vancouver, Whistler, Jasper and Toronto
- Maximize your time on the train with short city stops
- 2.5 days on Rocky Mountaineer
- 3 nights aboard VIA Rail's Canadian train from Jasper to Toronto in a private cabin
- Travel May–September



GUIDELINE PRICING

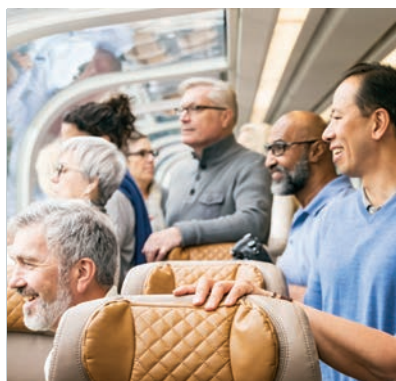
'From' prices are per person in US dollars based on two people sharing in low season.

COMFORT \$5,450 | SUPERIOR \$5,660 | DELUXE \$7,030

DEPARTS: Once a week early-May to early-September. Available from Toronto as an 11-day itinerary.

INCLUDES: All accommodation, transport, some meals. Comfort and Superior includes SilverLeaf on Rocky Mountaineer. Deluxe includes GoldLeaf.

Note: Prices are valid based on time of printing and subject to change. For up-to-date pricing information, speak to a Vacation Advisor.



GUEST STORY



OUR FAVORITE CANADA TRAIN ENTHUSIASTS

Ian and Norma have ‘a thing’ for Canada and trains – and long may it continue!

Since 2015, this intrepid Australian couple have booked almost every train route and train operator we have – and they are already thinking about their next trip to Canada.

In previous years, they did personalized versions of our Canada Coast to Coast by Train trip, and our Trans-Canada Rainforest Route – so this year, we needed a new idea.

We started them in Vancouver, staying in a charming B&B for two nights, then flying them to Prince Rupert for one night, before sending them on VIA Rail to Prince George. They stayed there for two nights at another B&B before they continued by train to Jasper for a day. Finally, they boarded VIA’s Canadian train for a three-day trip to Toronto.

Ian and Norma are such fans of Canadian trains that we like to think of them as our ambassadors or researchers.

“The B&B in Prince George – with hosts Jeff and Patti – was brilliant; truly the best we can ever remember experiencing,” wrote Ian on his return home. “Vancouver to Toronto by train deep in winter in January or February is now very high on our list of future trips.”

“We’d like to do the train trip Prestige Class, as we had an opportunity to look at one of the Prestige cabins while we were in Edmonton.”

He went on to thank us for our help – but we would like to thank Ian and Norma for being such wonderful ‘Fresh Trackers’!

A journey for rail lovers who want to see it all, this trip will take you across the country, through cities, and past deserts, mountains, plains and lakes as you share the best of Canada with your fellow passengers.

DAY BY DAY

- | | |
|---|--|
| Day 1 Arrival in Vancouver. <i>1 night</i> | Day 5 VIA Rail’s Canadian train Jasper to Toronto. <i>3 nights on train</i> |
| Day 2 Rocky Mountaineer train from Vancouver to Whistler. <i>1 night</i> | Day 6 Onboard VIA Rail. |
| Day 3 Rocky Mountaineer train from Whistler to Quesnel. <i>1 night</i> | Day 7 Onboard VIA Rail. |
| Day 4 Rocky Mountaineer train from Quesnel to Jasper. <i>1 night</i> | Day 8 VIA Rail arrives in Toronto. <i>1 night</i> |
| | Day 9 Depart Toronto. |

[See more itinerary details online at CanadianTrainVacations.com](http://CanadianTrainVacations.com)

Discuss your dream Canadian vacation with a local expert.
1.800.667.4744
Schedule a call!





SUGGESTED ITINERARY #2

10 Days CANADIAN CROSS COUNTRY JOURNEY FROM \$4,590

THE HIGHLIGHTS

- Savor the stunning scenery and locally inspired cuisine aboard VIA Rail's Canadian train
- Maximize your time sleeping onboard the train
- Visit the charming towns of Niagara-on-the-Lake and Victoria
- 4 nights aboard VIA Rail's Canadian train from Toronto to Vancouver in a private cabin
- Travel April–October



GUIDELINE PRICING

'From' prices are per person in US dollars based on two people sharing in low season.

COMFORT \$4,390 | SUPERIOR \$4,820 | DELUXE \$7,550

DEPARTS: Twice a week mid-April to mid-October. Starts or ends in Victoria or Toronto.

INCLUDES: All accommodation, transport, some meals.

Note: Prices are valid based on time of printing and subject to change. For up-to-date pricing information, speak to a Vacation Advisor.



This legendary journey aboard the Canadian Train fulfills your desire for the energy of city life and the serenity of nature. As you travel across the country, experience first-hand the diverse landscape of Canada and its charming towns.

DAY BY DAY

- | | | | |
|--------------|--|---------------|---|
| Day 1 | Arrival in Toronto, transfer to Niagara-on-the-Lake.
<i>1 night</i> | Day 5 | Onboard VIA Rail. |
| Day 2 | Explore Niagara Region (choice of tour included).
<i>1 night</i> | Day 6 | Onboard VIA Rail. |
| Day 3 | Explore Toronto.
<i>1 night</i> | Day 7 | Onboard VIA Rail. |
| Day 4 | Board VIA Rail's Canadian train Toronto to Vancouver.
<i>4 nights</i> | Day 8 | VIA Rail arrives in Vancouver.
<i>1 night</i> |
| | | Day 9 | Vancouver to Victoria. (choice of tour included).
<i>1 night</i> |
| | | Day 10 | Depart Victoria |

See more itinerary details online at CanadianTrainVacations.com





SUGGESTED ITINERARY #3

13 Days ACROSS CANADA BY TRAIN

FROM \$7,550

THE HIGHLIGHTS

- Explore Toronto, Jasper, Lake Louise, Banff and Vancouver
- Your choice of experiences in Toronto, Jasper and Banff
- 3 nights on VIA Rail's Canadian train from Toronto to Jasper
- 2 days on Rocky Mountaineer
- 4 days to explore the Canadian Rockies
- Travel April–September



GUIDELINE PRICING

'From' prices are per person in US dollars based on two people sharing in low season.

COMFORT \$7,550 | SUPERIOR \$8,080 | DELUXE \$10,070

DEPARTS: Late-April to mid-September. Available from Vancouver as a 14-day itinerary.

INCLUDES: All accommodation, transport, choice of activities and some meals. Comfort and Superior includes SilverLeaf on Rocky Mountaineer. Deluxe includes GoldLeaf.

Note: Prices are valid based on time of printing and subject to change. For up-to-date pricing information, speak to a Vacation Advisor.



If it's your dream to travel across Canada by train, then why not do it in style? For the highest level of comfort on The Canadian train, consider upgrading to Prestige Class.



From the metropolis of Toronto to the serenity of Lake Louise, take the train across Canada to find balance. See first-hand the diversity of Canada's spectacular scenery. With plenty of time to relax in the Canadian Rockies, you won't miss any of Canada's natural splendor.

DAY BY DAY

- | | |
|---|--|
| Day 1 Arrival in Toronto. <i>2 nights</i> | Day 9 Enjoy Lake Louise, then transfer to Banff. <i>2 nights</i> |
| Day 2 Explore Toronto (choice of tour included). | Day 10 Explore Banff National Park (choice of tour included). |
| Day 3 VIA Rail's Canadian train Toronto to Jasper. <i>3 nights on train</i> | Day 11 Rocky Mountaineer train from Banff to Kamloops. <i>1 night</i> |
| Day 4 Onboard VIA Rail. | Day 12 Rocky Mountaineer train from Kamloops to Vancouver. <i>1 night</i> |
| Day 5 Onboard VIA Rail. | Day 13 Depart Vancouver. |
| Day 6 VIA Rail arrives in Jasper. <i>2 nights</i> | |
| Day 7 Explore Jasper (choice of tour included). | |
| Day 8 Small-group Icefields Parkway tour – Jasper to Lake Louise. <i>1 night</i> | |

See more itinerary details online at CanadianTrainVacations.com

GUEST STORY



CELEBRATION BY ROAD & RAIL

A train journey, though amazing, is usually just one part of a complete vacation.

Carole and Bruce called us looking for ideas to celebrate Carole's 60th birthday. They wanted to combine romance with their love of adventure and the relaxation of train travel – and they needed it fast, as the date was only two months away.

It didn't take them long talking to Meaghan in our office to make a plan. They loved the idea of crossing the country by train, but they also wanted to get off the beaten track.

Romance by rail

After a few days of luxury at the SOHO Hotel in Toronto, they boarded VIA Rail, bound for Jasper. We made sure the onboard staff knew about Carole's birthday and helped them celebrate. They relaxed and watched the world go by for three days, enjoying great meals, a little socializing and some together time in the comfort of their own cabin.

Arriving in Jasper, we knew they'd be ready to stretch their legs, so we arranged a mountain guide to take them into the backcountry.

Adventure by road

Next, they began their road trip 'reimagined,' as we like to say. The classic idea of setting off and seeing what turns up doesn't always work, as you risk not getting great places to stay (especially in busy seasons), and you waste time figuring out what to do.

We gave them route suggestions and booked hotels and activities. They explored the Canadian Rockies, and hiked on their own in Banff National Park (feeling more confident in bear country after being with a guide).

Then westward to the Okanagan Valley, the Napa of Canada – days at a gorgeous lakefront resort, with a private wine tour and exploration of BC's high desert.

Finally, they made it to the beautiful Coast Mountains and Vancouver, having crossed half a continent.



SUGGESTED ITINERARY #4

19 Days

CANADA COAST TO COAST BY TRAIN

FROM \$9,990

CANADIAN ROCKIES
& WEST COAST

THE HIGHLIGHTS

- Explore Vancouver, Banff, Lake Louise, Jasper, Toronto, Montreal, Quebec City and Halifax
- 2 days on Rocky Mountaineer
- 4 nights on VIA Rail's sleeper trains from Jasper to Toronto and Quebec City to Halifax in private cabins
- 2 daytime journeys onboard VIA Rail's Corridor train
- Travel April–October

GUIDELINE PRICING

'From' prices are per person in US dollars based on two people sharing in low season.

COMFORT \$9,990 | SUPERIOR \$10,990 | DELUXE \$12,990

DEPARTS: Once a week late-April to early-October. Available from east to west or reverse.

INCLUDES: All accommodation, transport, choice of activities and some meals. Comfort and Superior include SilverLeaf, and Deluxe includes GoldLeaf on Rocky Mountaineer. Business class included on VIA Rail's Corridor train.

Note: Prices are valid based on time of printing and subject to change. For up-to-date pricing information, speak to a Vacation Advisor.





A 50-YEAR-OLD DREAM COMES TRUE

Anshu immigrated to Canada from India in the early 1960s and lived here for 20 years before his work took him to live in the US. He traveled the world for business – but exploring Canada’s vastness and diversity from coast to coast was a dream that stayed with him for 50 years.

It was time to return to the True North, but he needed help to make it a reality – so, working with his dreams, we created six-week true Canadian adventure.

“Without Fresh Tracks Canada, I would never have made this trip a reality,” he told us later. “You listened to what I wanted and anticipated what I needed.”

Starting in Vancouver, Anshu explored the rugged beaches of the West Coast, the Great Bear Rainforest, and the famed Inside Passage along BC’s coast to Prince Rupert. Then he boarded the VIA Rail train to Jasper in the Canadian Rockies, where he marveled at the beauty of the mountains from a cozy log cabin in front of a crackling fire.

A “sense of journey” set in while crossing the vast Prairies of central Canada on VIA Rail’s Canadian train. With access to observation dome cars, he realized why Saskatchewan is called the *Land of the Living Skies*.

He continued east to enjoy history and culture – and great food, a passion of his – in Toronto, Montreal and Quebec City, before heading to a region that few visit: the Gaspé Peninsula.

“Talk about off the beaten path! Another gem that you recommended,” he said.

Back in Quebec City, Anshu caught the overnight train to Halifax, then drove to the charming little ports and towns of Nova Scotia before ending his epic journey in the smallest province – Prince Edward Island.

“It’s hard to think a trip you’ve imagined for 50 years could live up to your expectations,” he wrote later. “But thanks to Fresh Tracks, it far exceeded them.”

A continent-spanning journey by rail that takes you from the wild Pacific to the rugged Atlantic, and to every destination in between. The Coast to Coast is the kind of bucket-list holiday that ensures you leave no stone unturned!

DAY BY DAY

- | | |
|--|---|
| Day 1 Arrival in Vancouver. 2 nights | Day 11 VIA Rail arrives in Toronto. 2 nights |
| Day 2 Explore Vancouver (choice of tour included). | Day 12 Explore Toronto or Niagara Falls (choice of tour included). |
| Day 3 Rocky Mountaineer train from Vancouver to Kamloops. 1 night | Day 13 VIA Rail’s Corridor train to Montreal. 2 nights |
| Day 4 Rocky Mountaineer train from Kamloops to Banff. 2 nights | Day 14 Explore Montreal (choice of tour included). |
| Day 5 Explore Banff (choice of tour included). | Day 15 VIA Rail’s Corridor train to Quebec City. 1 night |
| Day 6 Enjoy Banff, then transfer to Lake Louise. 1 night | Day 16 Quebec (choice of tour included) and train to Halifax. 1 night on train |
| Day 7 Interpretive small-group Icefields Parkway tour from Lake Louise to Jasper. 1 night | Day 17 Day onboard train and arrive in Halifax. 2 nights |
| Day 8 VIA Rail’s Canadian train from Jasper to Toronto. 3 nights on train | Day 18 Explore Halifax (tour included). |
| Day 9 Onboard VIA Rail. | Day 19 Depart Halifax. |
| Day 10 Onboard VIA Rail. | |



EXTENSIONS AND ADD-ONS

in the West and Rockies

You can add days to most of the places you visit in our sample itineraries, except where you have short overnight stops like in Kamloops or Quesnel. Many guests also like to add on side trips like these before or after their rail journeys.

From Vancouver



← **Victoria, the Garden City** **3 days, 2 nights from \$430**

Victoria, BC's capital, on Vancouver Island, was established in 1843 as a fort for the Hudson's Bay Company, and its British ancestry is apparent in the double-decker buses, horse-drawn carriages, formal gardens and afternoon tea service at the Fairmont Empress hotel.

Your package includes transportation to and from Victoria, accommodation, and a choice of day tours from our curated list. Choose from whale-watching, Butchart Gardens tours, and biking or walking tours of the city. Comfort, Superior and Deluxe accommodation available.

Whistler Mountain Adventure → **3 days, 2 nights from \$450**

As western British Columbia's best destination for winter and summer adventures, you might think that Whistler would cater only to the rugged and outdoorsy. However, this sophisticated mountain resort has plenty to offer those looking for alpine downtime, including fine dining, relaxing spa treatments, boutique shops and luxury hotels.

Your package includes coach transport to and from Whistler Village (about 2 hours), accommodation and complimentary day tours and adventures from our curated list. Comfort, Superior or Deluxe available.





From British Columbia and the Yukon

← **Sonora Luxury Wilderness Resort** **4 days, 3 nights from \$2,290**

Leave the hustle of the big city behind with a trip to the luxurious Sonora Wilderness Resort, situated on a remote inlet of the BC coast that's only accessible by air or boat. After arriving by floatplane or helicopter, relax in quiet luxury, with world-class cuisine and amenities. Enjoy the on-site wellness center, fly-fishing ponds, movie theatre, tennis courts, and access to wilderness biking or walking trails.

Your package features a night in a Vancouver hotel, two nights at the resort, plus air transport to and from the island. Gourmet meals with beer and wine, use of the resort's amenities, and a Zodiac sightseeing adventure are included. Trip departs on certain days of the week – call us for the schedule.

Heli-Hiking Adventure → **4 days, 3 nights from \$3,050**

A short description just does not do this justice – this is one of the greatest adventure experiences to be had anywhere, and it is one that can be shared by almost anyone of any age or ability. This is why it is so popular with families and particularly grandparents and grandkids.

Each morning from your remote mountain lodge, your guide will 'take your pulse' and ask you what kind of a day you'd like – easy, medium or strenuous – and then in minutes you are whisked up into the high peaks and dropped off with a wonderful guide. As the sound of the helicopter fades away, it is hard not to be stunned by the peace and splendor.

Your package includes ground transportation to and from the helipad, helicopter flights to and from your mountain lodge, 3 days of helicopter-assisted hiking, and accommodation at a heli-hiking lodge, with gourmet meals and the use of hiking gear included during your stay.



← **Northern Lights of the Yukon (winter only)** **4 days, 3 nights from \$560**

The Yukon Territory is considered one of the best places in the world to view the aurora borealis – the northern lights. On this winter adventure, spend 3 nights watching the lights ripple across the dark, starry sky from the small town of Whitehorse. During the day, enjoy charming Whitehorse's unique frontier history or take part in optional adventures like dogsledding or snowshoeing, or visiting the hot springs to warm up.

Package includes transport while in Whitehorse, accommodation, and 3 nights of guided night-sky watching, including hot drinks and snacks.



ADD AN ALASKA CRUISE

The perfect complement to a Canadian train trip.
We represent several cruise companies – here are two of our favorites:

↑ **Alaska & the Inside Passage with Holland America**

A 7-night round-trip cruise from Vancouver aboard the *ms Koningsdam* or *ms Volendam*. From \$1,450.

About Holland America. Holland America offers exceptional Alaska cruise experiences on mid-sized ships, with more visits to Glacier Bay National Park than any other cruise line. This company is best for travelers who want to experience the wilds of Alaska in comfort and style. Enjoy gourmet dining, exciting shore excursions, enriching activities onboard and lovely accommodations.

About this voyage. Travel from Vancouver to Alaska through the Inside Passage. First stop – Juneau! Discover the massive Mendenhall Glacier and adventure in your own style.

Next, Skagway's Klondike history calls your name. Then it's the big day you've been waiting for: a visit to Glacier Bay National Park. Listen for the thunderous cracks of ice calving off the glacier.

Your final stop before returning through the Inside Passage is Ketchikan, where you learn about local Indigenous history. Return to Vancouver, having seen the best of Alaska in a week.

Highlights

- Klondike Gold Rush history and Native Alaskan culture
- Spectacular Glacier Bay National Park
- Holland America's long history in Alaska – almost 70 years!

Day 1 – Embarkation in Vancouver.

Day 2 – Cruise the Inside Passage.

Day 3 – Port of Call Juneau, Alaska.

Day 4 – Port of Call Skagway, Alaska.

Day 5 – Glacier Bay Scenic Cruise.

Day 6 – Port of Call Ketchikan, Alaska.

Day 7 – Cruise the Inside Passage.

Day 8 – Disembark in Vancouver.

↓ Exploring Alaska the UnCruise Way

A 7-night expedition-style cruise aboard the *Safari Endeavour*. From \$6,670.

About UnCruise Expeditions: UnCruise Expeditions takes you off the beaten track on an Alaskan adventure. With less than 90 guests per sailing, their ships can venture where the large cruise ships can't, and are perfectly suited for exploring the Alaskan wilderness. Attentive crew and expert guides cater each day to your interests. You'll discover the best each destination has to offer as you explore wilderness and wildlife.

About this voyage. Feel the excitement build as you board your vessel, your home for the next 7 nights. On a daily basis, your captain will take you to the most promising stops along your route to take advantage of the conditions of the day. Slip into a kayak, nose along the shore in a skiff or head out on foot with your expedition team.

Learn about wildlife, history and geology as you travel from Sitka to Icy Strait and Glacier Bay National Park at the end of these unforgettable days, you've earned a soak in the onboard hot tub. Discover the best way to explore Alaska in an intimate setting.

Highlights:

- Unique and spontaneous itineraries
- Small-group excursions by kayak, on foot, by Zodiac and more
- High crew-to-guest ratio

Day 1 – Embarkation in Sitka, Alaska.

Day 2 – Cruise Krestof Sound/
Nakwasina Sound.

Day 3 – Neva Strait and Sergius Narrows.

Day 4 – Peril Strait and Chichagof Island.

Day 5 – Icy Strait.

Day 6 – Glacier Bay national Park.

Day 7 – Captain's Choice.

Day 8 – Disembark in Juneau, Alaska.





EXTENSIONS AND ADD-ONS

in Eastern Canada

From Toronto

Niagara-on-the-Lake Escape → **3 days, 2 nights from \$470**

Just 90 minutes or so from bustling Toronto is the small town of Niagara-on-the-Lake, a favorite weekend getaway for Torontonians. For most of our guests, this is a preferred base from which to visit the famous falls – better than staying in Niagara Falls itself – because it is peaceful and charming, and from here you can easily tour the surrounding wine-growing region by car or bicycle.

Your package includes coach transportation to and from Niagara-on-the-Lake, accommodation and complimentary day tours from our curated list. Comfort, Superior and Deluxe accommodations available – just ask us when you call.



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← **NIAGARA FALLS: MORE POWERFUL THAN A SPEEDING LOCOMOTIVE**

You can't really visit Toronto and not make the trip to see Niagara Falls, because when you stand next to them, you feel the awesome power of nature. The falls are located on the Niagara River, which drains Lake Erie into Lake Ontario. For the best experience, we suggest our Niagara-on-the-Lake extension, although you can get there and back from Toronto in a day.

(Prices are for guidance only, in US dollars per person.)

From Quebec City

Charlevoix Explorer → **4 days, 3 nights from \$680**

The Charlevoix region of Quebec is a UNESCO World Biosphere Reserve that encompasses rivers, mountains, fjords and rolling countryside dotted with charming towns. The region boasts local cuisine with farm-fresh ingredients and boutique hotels. There are also lots of adventures to be had, from whale-watching to hiking and biking.

This package includes a car rental, accommodation and complimentary day tours from our curated list. Comfort, Boutique and Deluxe accommodations available – just ask us when you call.



From Halifax



Cape Breton Explorer ↓ **5 days, 4 nights from \$660**

Cape Breton Island is known for its Celtic heritage, stunning landscapes, ocean vistas, the warmth of its people and the scenic Cabot Trail – Nova Scotia's most iconic road trip. Discover Cape Breton Highlands National Park and fill your days with visits to small fishing villages, coastal hikes and breathtaking views. Be sure to sample the local seafood, straight from the Atlantic.

Your package includes car rental, accommodation and day tours from our curated list.

PEI Adventure ← **5 days, 4 nights from \$770**

Pay a visit to beautiful Prince Edward Island, home of red sandy beaches, great seafood, picturesque farms and – of course – Anne of Green Gables, the world's most famous fictional Canadian. After driving from Halifax, spend several days in Charlottetown exploring the city and the countryside. For the smallest province in Canada, PEI has plenty of sights, and its cozy size makes it easy to see it all.

Your package includes a 5-day car rental, accommodation and day tours from our curated list.

Ask us too about visiting Newfoundland from Halifax.

**Discuss your dream
Canadian vacation
with a local expert.
1.800.667.4744
*Schedule a call!***





THE BROCHURE IS JUST THE BEGINNING:

Visit our comprehensive website to learn more about Fresh Tracks Canada and the suggested itineraries featured in the previous pages.

CanadianTrainVacations.com

Suggested Itinerary #1 – **Trans-Canada Rainforest Route**

Suggested Itinerary #2 – **Canadian Cross Country Journey**

Suggested Itinerary #3 – **Across Canada by Train**

Suggested Itinerary #4 – **Canada Coast to Coast by Train**

Great journeys begin with a
CONVERSATION

Scheduling a chat at a time that suits you

Throughout our sites and on our emails you'll find links to our scheduling calendar – a nice little tool that helps you set up a call with one of our Canadian Insiders at a time and date to suit you best.

USA & CANADA
1.800.667.4744

AUSTRALIA
1.800.595.254

UNITED KINGDOM
0.800.031.8392

REST OF THE WORLD
+1.604.332.3715

Office hours at time of publication
Monday–Friday 6:30am–5:30pm
Saturday 8:30am–4:30pm
Sunday 9:00am–5:00pm
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Canadian vacation
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What we don't do. Your flights to Canada. Local online deals and use of frequent flyer miles often mean people prefer to organize flights themselves, but rest assured we'll advise on the best airports to use and be there to greet you as soon as you touch down in Canada. We also don't do travel within the United States.

Accreditation and Customer Protection:



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Suite 1200, 885 West Georgia Street,
Vancouver, BC, Canada V6C 3E8

CanadianTrainVacations.com

CANADA *beyond the clichés*

Spectacular as they are, the postcard images you see when you Google “Canada” are no more representative of the country than the Taj Mahal is of India or Big Ben is of London.

From the spectacular Pacific coast to the friendly Atlantic provinces, there are hundreds of places and things to do that we would love you to experience.

Calling us on your local toll-free telephone number could be the beginning of that journey.

Discuss your dream
Canadian vacation
with a local expert.

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Contact us today.

